

What is Spiritual Direction?

Spiritual Direction is a one-on-one meeting that offers individuals the chance to explore a deeper relationship with the spiritual aspect of being human. Spiritual direction helps people discover and share their unique sacred stories.

Meeting regularly with a Spiritual Director supports an individual's spiritual formation and is therefore helpful to people of all faiths and is also appropriate for people who are spiritual but have no religion, commonly known as "none."

Darcy Wharton completed the Spiritual Direction Formation program through the Bread of Life Center in Sacramento.

For more information, please visit darcywharton.com

Contact Information for Darcy Wharton

If you are a parishioner of SS. Peter & Paul, contact Darcy in the parish office in person, by email or by phone.

Work Phone: 916-624-5827 ext. 211
Email:
darcy.wharto@rocklincatholic.org

If you are NOT a parishioner of SS. Peter & Paul, but are interested in Spiritual Direction, you can contact Darcy at darcywharton@yahoo.com

Spiritual Direction



"Spiritual direction is, in reality, nothing more than a way of leading us to see and obey the real Director — the Holy Spirit hidden in the depths of our soul."

Thomas Merton, Trappist monk, USA

Why Would Someone See a Spiritual Director?

People engage the services of a Spiritual Director for a variety of reasons. Some are prompted because they are experiencing a sense of struggle in their spiritual life, others feel a nudge that there is an invitation from God to a deeper relationship, and others are experiencing a time of transition or discernment in their lives and they desire clarity.

Occasionally people are just curious about what Spiritual Direction is and they come for an exploratory session.

Spiritual directors are NOT therapists, counselors, or social workers, but instead can complement the work being done by other professionals.

How Long Does a Person Meet with a Spiritual Director?

Typically, people meet with their Spiritual Director once a month for a one-hour session. These monthly sessions can continue on for as long as the directee wishes. Some people see the same spiritual director for years and others for only a short time. The decision to discontinue seeing a particular director is always at the discretion of the person coming to the Spiritual Director and the director is always willing to recommend another more suitable director if needed.

Spiritual Direction at SS. Peter & Paul

Darcy Wharton is serving the parish as a Spiritual Director as part of her employment as the Coordinator of Adult Faith Formation . Her availability is primarily during daytime office hours, but limited early or late appointments are available.

This is a unique arrangement rarely found in a Catholic parish and it is only made possible through the support of our parish community and staff.

How Much Does it Cost?

The fee for private spiritual direction is on a sliding scale from \$50-\$100 per session. If this is a hardship, financial arrangements can be made with your director.

Parishioners at SS. Peter & Paul

This service is being provided to you as part of our Adult Faith Formation programming. You encouraged to make a contribution to the parish in the amount comfortable to you. Envelopes will be available during the session. Please note that if you write a check, some sense of confidentiality will be lost.

Please note that Darcy Wharton is ethically obligated to maintain confidentiality and no part of a spiritual direction session will be shared with anyone else. (The directee is not held to that standard and is permitted to share what was discussed in a session.)